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PASTA GRAMMAR TOUR 2023 ITINERARY

Spring Tour: May 10-19, 2023
Autumn Tour: September 27 - October 06, 2023



Day 1 - Arrival in Naples

Benvenuti a **Napoli**! We will meet at [Hotel Naples](#). After checking in to the accommodations, a travel briefing will be conducted before heading to our first meal together. Time to meet and greet!

For dinner, we will visit one of our favorite restaurants in Naples, **Cuccuma Caffè**. This unique **spaghetteria** serves incredible pasta dishes in old-school fashion: on a giant platter that the entire table shares. Check out [this video](#) we made in Naples to get a taste of what's to come! For the next ten days we'll be one, big family and there's no better place in Naples to eat family-style.

Return to the hotel.



Day 2 - Naples: The Gateway to the South

Breakfast at the hotel.

We'll spend the morning walking around the historic center of Naples to visit some of Harper & Eva's favorite **street food** vendors. As we traverse the "**Spaccanapoli**," the colorful main street of the city, we'll taste treats like the famous **sfogliatelle** pastries and the "**o cuoppo**" fried food.

Expect to go where few tourists ever venture! Together we'll visit the **Mercato della Pignasecca**, a street market that serves as the grocery store for locals. Here can be found some of the best food in the city for those in the know. For lunch, we'll have the King of Neapolitan street food: **pizza frita**.

After a free afternoon for exploring and shopping, we will finish the day with a **pizza masterclass** taught by a Neapolitan chef who has graciously agreed to reveal his secrets. Dinner will, of course, be pizza! Together we will enjoy the fruits of our labor (along with a selection of gourmet pizzas prepared by our masterful instructor).

Day 3 - Mozzarella

Breakfast at the hotel and departure from Naples by **private bus**.

As we make our way south, we will stop in **Battipaglia** to see how a local cheesemaker crafts the famous **Zizzona di Battipaglia**: a HUGE ball of fresh, **buffalo mozzarella**. This **caseificio** is a food destination for Italians passing through the area, as it's the only place in the country which makes this unique delicacy. If we're lucky, we'll also be able to try **buffalo ricotta**, hot and fresh! A lunch made with the on-site products will follow.



After lunch, we will continue our journey to **Morano**. Here we will check into [La Locanda Del Parco](#), a stunningly beautiful agritourism farm in the mountains of northern **Calabria**. Together we will share a dinner made with the farm's delicious produce.

Day 4 - Albanian Mysteries

Breakfast at the hotel.

We will spend the day visiting one of the few remaining **Albanian communities** in Italy. For over 600 years, the **Arbresche** people have been perfecting their unique cuisine (including one of the most fascinating and difficult to make pasta shapes).

Together we will learn about their culture, tradition and food which rarely enter the international (or even Italian) spotlight!

Return to the hotel for dinner.

Day 5 - Tasting Our Way to Tropea

In the morning, we will have a chance to learn how the farm harvests their **seasonal produce** and makes **goat ricotta**. If you've never had **hot, fresh ricotta** served on bread, you're in for a delicious treat! A lunch made from the newly harvested produce will follow.

Departure by private bus.

As we make our way south, we will stop at a gorgeous **olive oil farm**. With stunning views overlooking the **Tyrrhenian Sea**, we will sample several blends of their delicious oil. This farm is particularly unique in Italy, in that they grow their own olives and press them in-house. Their control over the product from start to finish produces an incredible flavor!

After arriving in **Tropea** and checking in to our accommodations at the [Villa Vittoria](#), we will have dinner at our favorite local **seafood restaurant**. It's becoming an annual tradition on this night to hold a [Calabrian Chili Pepper Eating Contest](#) for those brave souls who want to challenge Eva's mastery of spice!

Tropea is a true Calabrian gem, with white sandy beaches, towering cliffs, crystal blue waters and unique food. Last year it was named the **most beautiful village in Italy** by the **Borghi Più Belli d'Italia** association, and for good reason



Day 6 - Free Day with a Surprise!

Breakfast at the hotel.

The morning and afternoon will be free so that we all have time to explore Tropea, spend time on the **beautiful beaches**, and shop.

In the evening, we will reconvene for a delicious dinner cooked by a special, **surprise guest!**

Return to the hotel.

Day 7 - In Vino Veritas

Breakfast at the hotel.

We will make a day trip to a local **Monte Poro** winery: **Casa Comerci**. Here we will, of course, taste the delicious local wine while learning about its cultivation and production.

For lunch, Eva will teach us how to make **handmade Calabrian fileja pasta**, followed by a meal made with the fruit of our labor.

Return to Tropea. Free evening to digest!



Day 8 - Sweet Sicilia

A visit to southern Italy wouldn't be complete without a trip to **Sicily**! After breakfast at the hotel, we will cross the **Strait of Messina** via private bus. In **Messina**, we will stop at a [famous pastry shop](#) to sample a must-try Sicilian delicacy: **cannolo**!

Moving on, we will visit the nearby towns of **Savoca** and **Forza D'Agrò**, famous for being some of the principal Italian locations in the 1972 film, **The Godfather**. Here we will enjoy a drink at the [bar from the movie](#) and a lunch of classic **Sicilian food** at one of the best **seafood restaurants** on the island.

Return to Tropea.

Day 9 - Southern Feast

Breakfast at the hotel.

To truly experience Italy, one must leave the beaten trail. On our final full day of the trip, we will make the short drive to **Dasà**, Eva's hometown. You won't find it in any guide books, but here we will experience the unforgettable southern Italian feast. Bring a big appetite!

Eva's family and friends will cook and prepare a host of southern specialties with us, such as **curujicchi, crocchette di riso, pitta chjina, Mamma Rosa's meatballs, local cheeses and salami, nacatole, paste di mandorla**, and more. Time to celebrate our journey with music, dance and LOTS of food!

Return to Tropea for our final night.



Day 10 - Arrivederci

Breakfast in the hotel, and departure for Lamezia Terme airport & train station. A presto!

INCLUDED

- Transportation by bus for the duration of the trip
- Hotel accommodation for 9 nights
- Treatment as per the itinerary, with meals where indicated
- Visits, excursions and attractions as per the itinerary
- Workshops, cooking classes and tastings as per the itinerary

NOT INCLUDED

- Airfare
- Initial transportation to the hotel in Naples
- Medical/baggage/cancellation insurance
- Tourist tax (to be paid locally, ranging from € 2 to € 4 per person per day)
- Personal extras
- Anything not expressly listed in the inclusions

ACCOMODATIONS

Naples:

The 4-star **Hotel Naples** is located in the historical center of Naples and offers a convenient location on Corso Umberto I, one of the elegant main streets of the city. It's perfectly situated for easy arrival and transport, while providing quick access to the labyrinth of cobblestone walking streets Naples is famous for.

Morano:

Surrounded by nature, **La Locanda del Parco** is the ideal place for those who want to rediscover past traditions. The agritourism farm offers large, comfortable rooms and suites, and a beautiful view of the surrounding Pollino mountain chain.

Tropea:

The **Villa Vittoria Bed & Breakfast** is located in the heart of Tropea, a few steps from the central square of the town, the historic center and the beach. It is a noble **Art Nouveau** villa with a rich history. The Villa has a beautiful common garden, offering a welcoming relaxation area for your holiday.

FREQUENTLY ASKED QUESTIONS

Who is this tour for?

This tour is for adventurous travelers who want to try new food and see a side of southern Italy off the beaten path! We created this trip to share our favorite Italian experiences that most tourists will never have the opportunity to find on their own, especially not on another guided tour. It's also for people who would never normally join a group tour. This is different! We intentionally keep the group very small, making it an intimate and unique experience that never feels like a "normal" tour.

Who is this tour NOT for?

This tour is not for someone who is looking for a postcard experience. Southern Italy isn't a resort in Venice! There is nothing wrong with wanting the latter, but this tour is more like a safari for adventurers who wish to see Italy through the eyes of locals.

I have an allergy or dietary restriction, can I still join?

Let us know what your needs are and we will be happy to do everything we can to accommodate you! We have hosted guests with a wide range of dietary requirements without any trouble.

How much walking will there be?

Italy, like so many European countries, is very walking-focused. Many of the streets in the cities and villages we will visit are inaccessible to buses and we will often need to walk a few blocks to reach our ultimate destinations. Don't expect hiking, but do expect to traverse cobblestone streets.

Will my cell phone work in Italy?

Most of our guests choose to use international roaming plans provided by their domestic carriers, but it's also very easy to acquire a [temporary, local SIM card](#) for your trip. They are widely available for purchase upon arrival in Italy.

I would like to stay in Italy longer! Can you help?

Yes! Our partner, Angela Donato, is the best travel agent this side of the Alps and can help you to extend your trip in Italy. Let us know what kind of plans you would like to make and she can advise further.

Can you help me book my transportation?

Yes again! See the above question; Angela the Travel Angel is here to help!

Will I be able to do laundry during the trip?

In Tropea, our hotel is located just steps away from an excellent and affordable laundromat. You can drop off your clothes and they will usually be ready for pick-up within a day.

Can I bring food home from Italy?

We rarely encounter a guest who doesn't bring a treasure trove of Italian goodies home! In fact, many purchase extra suitcases during the trip for this purpose. Check the specific laws regarding transporting food. The general guidelines for the United States of America prohibits transporting meat or fresh produce. Cheese, pasta, olive oil and wine are fine!

What happens if the trip is canceled or I cannot join due to COVID-19?

See our COVID-19 policy below.

PRICE	
Price Per Person - Double Room Occupancy	\$4250
Price Per Person - Single Room Occupancy	\$4650

The itinerary is subject to change due to weather and other unforeseen events.

RESERVATIONS:

For reservations, send an email to angeladonato@sognareinsiemeviaggi.com indicating: first and last name, telephone number, and desired number of guests.

PAYMENT POLICY:

A 25% non-refundable deposit will be collected at the time of booking. The remainder of the payment will be due 45 days before the first day of the tour. Commencement of the tour is dependent on the number of reservations sold; full refunds will be issued in the event of under-booking. Payment will be accepted through bank transfer or with major credit cards.

COVID POLICY:

Up-to-date information on Italian travel regulations can be found here: <https://www.esteri.it/mae/en/ministero/normativaonline/decreto-iorestoacasa-domande-frequenti/focus-cittadini-italiani-in-rientro-dall-estero-e-cittadini-stranieri-in-italia.html>

It is your responsibility to determine and abide by the specific restrictions for your country of origin and the travel requirements of your chosen airline.

In the event that the tour cannot commence during the given dates due to regulatory changes pertaining to COVID-19, guests will be issued a voucher for a rescheduled tour. If an individual guest cannot join the tour due to changes in regulation or contraction of COVID-19, the included travel insurance will cover a full refund.